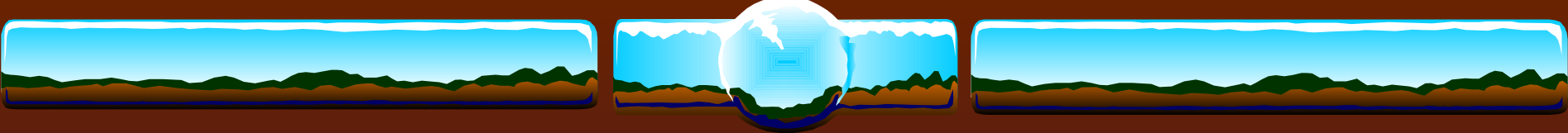


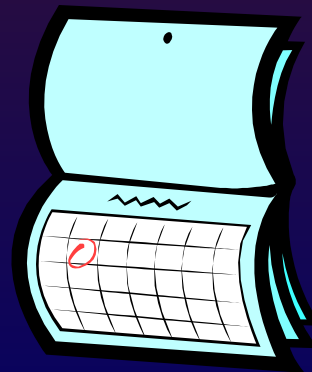
***STRESS* Happens!**

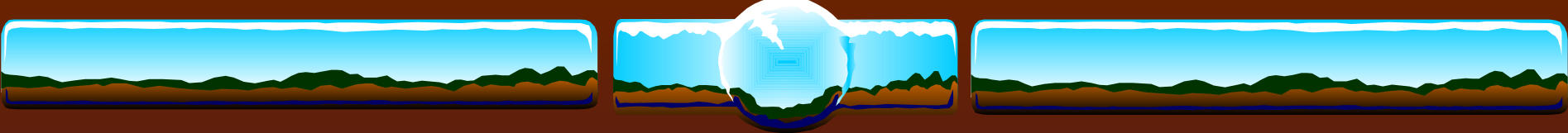
Mark Long
Health Promotion
Navy Environmental Health Center



Stress

**Like it or not, we encounter
*stress every day....***

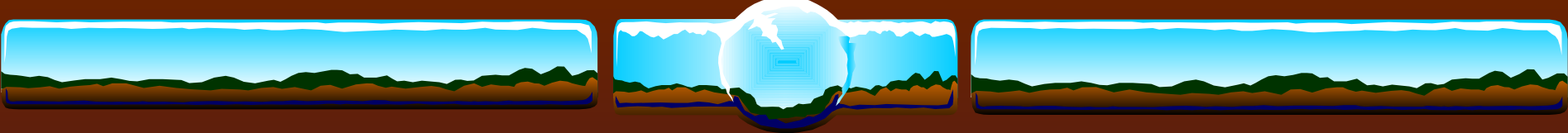




Stress

It is what we *choose* to do with our stressors and our distress that is the *key* to managing stress!

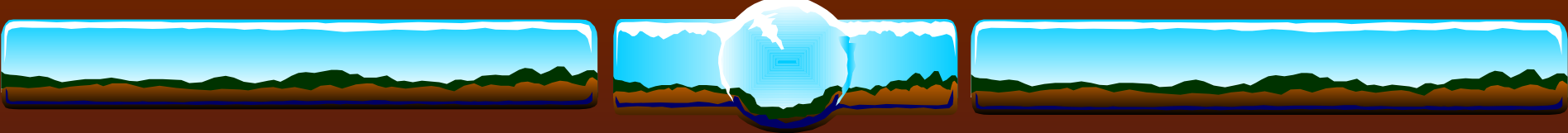




Coping

How do others cope with stress?



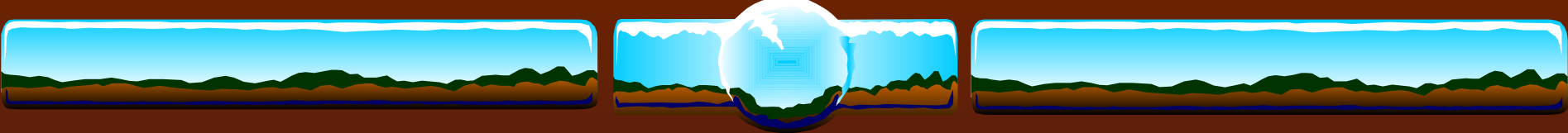


Coping

***“The crisis of today is the joke
of tomorrow.”***

~ H.G. Wells



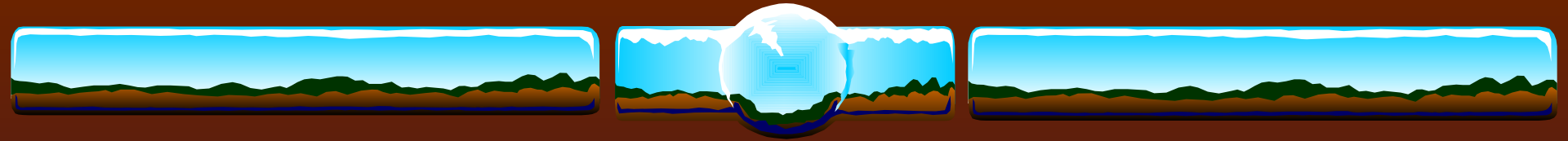


Coping

***“Don’t worry about the things you
can’t control, because if you can’t
control them they are not worth
worrying about.”***

~ Yogi Berra

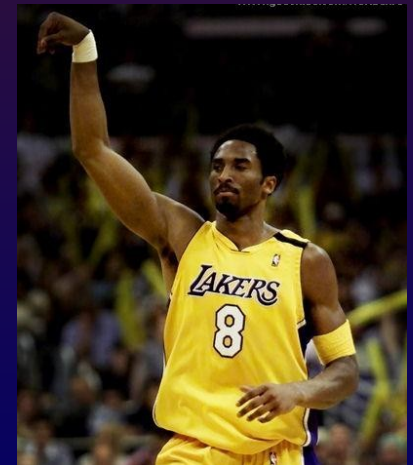


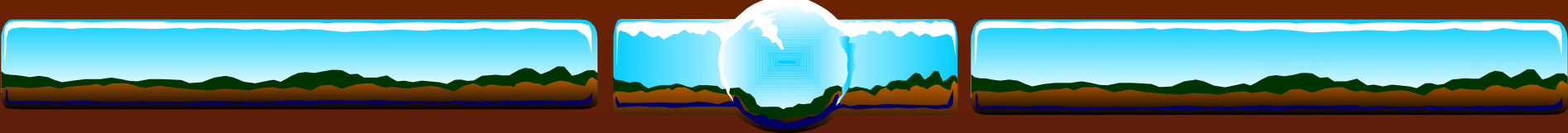


Coping

***I realize life is too short and
too precious to let myself get
upset over trivial things.***

~ Kobe Bryant



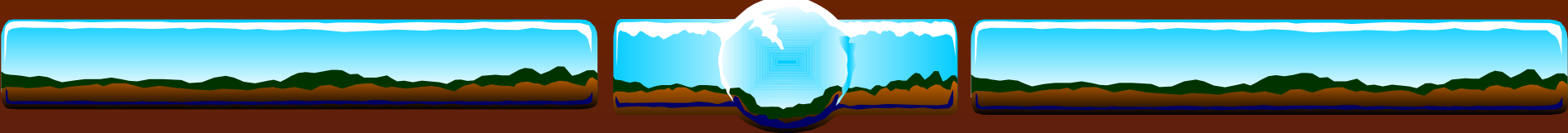


Coping

***“The art of being wise is
knowing what to overlook.”***

~ Dr. William James



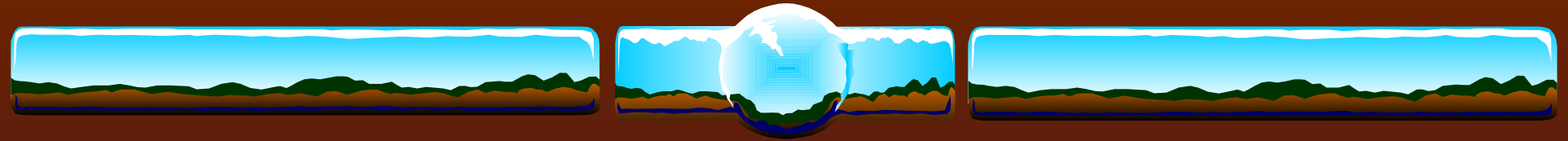


Coping

***“Believe that you are defeated,
believe it long enough, and it is
likely to become a fact.”***

~ Dr. Norman Vincent Peale

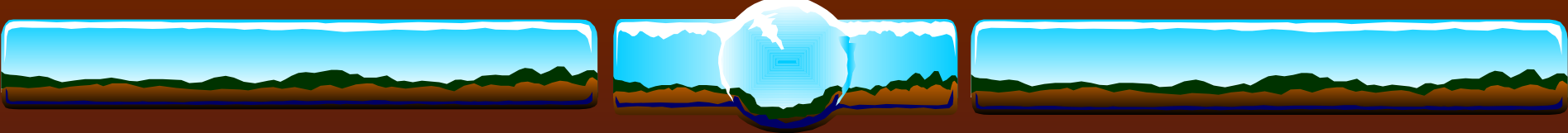




Coping

“Misery is a communicable disease.”

~ Martha Graham.

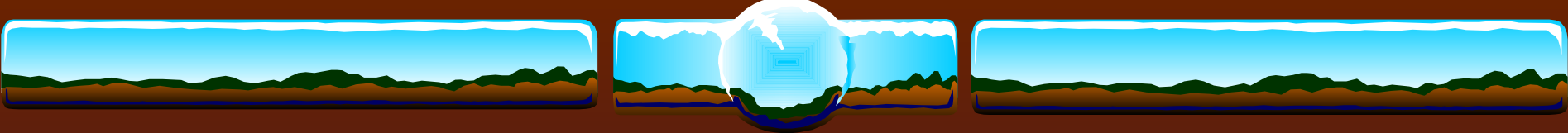


Coping

***“Good timber does not grow
with ease; the stronger the
wind,
the stronger the trees!”***

~ William Marriott



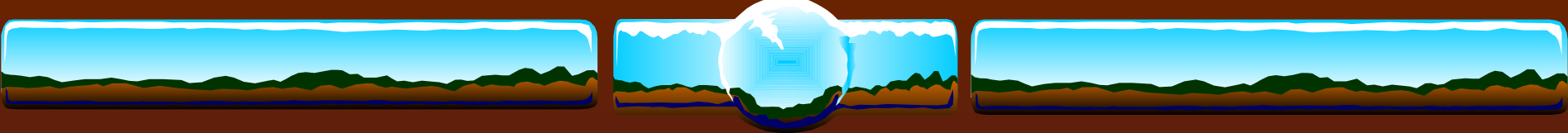


Coping

***“Although the world is full of
suffering,
it is also full of the overcoming of
it.”***

~ Helen Keller



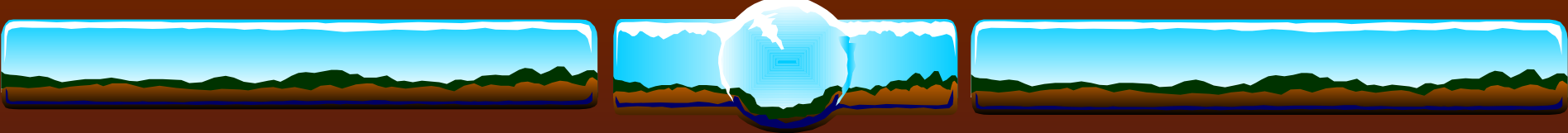


Coping

***“One of the keys to reducing stress
isn’t just removing negative
experiences from your life, but
adding positive ones!”***

~ Berkeley Health Letter

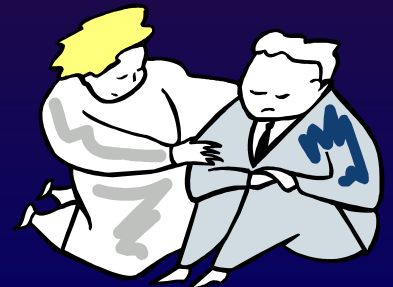


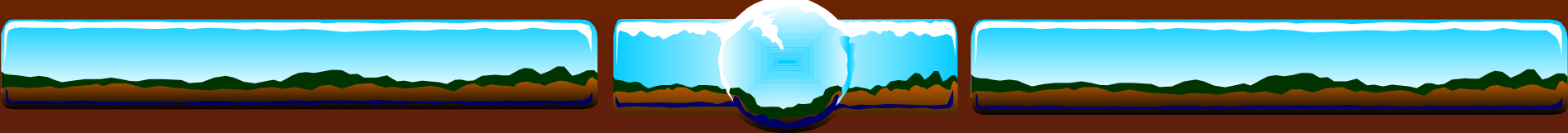


Coping

***“The best cure for worry, depression
and brooding is to go forth and try
to lift
the gloom of somebody else.”***

~ Arnold Bennett



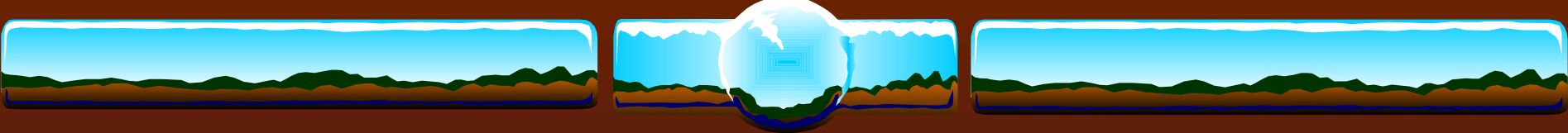


Coping

“Play so that you may be serious...”

~ Anacharsis



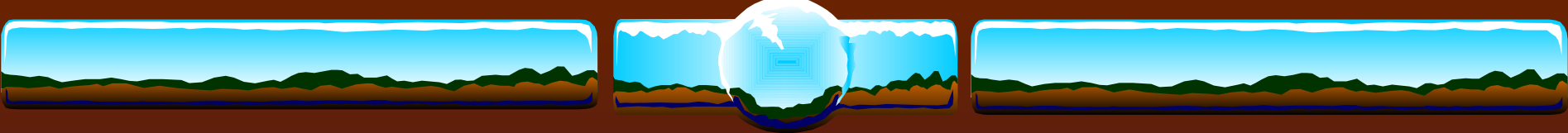


Coping

***“Relax.
Only dread one day at a time.”***

~ Anonymous





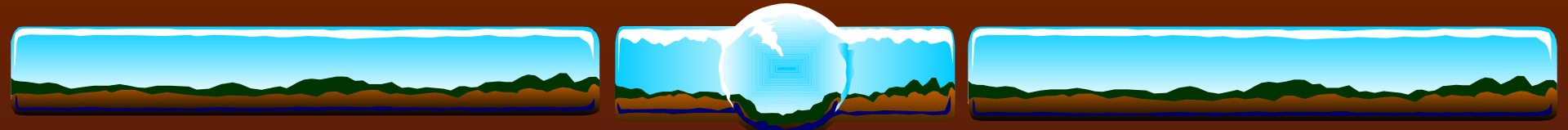
Coping

***“As you move ahead, pass on your
optimism and faith to the
next generation.”***



~ Vernon Jordan





Coping With Stress

- ❖ Learn from others.
 - ❖ Laugh!
- ❖ Alter your perspective...
 - ❖ Let go!
- ❖ Manage what you can!